

Joints and Movements by  
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[Joint action and muscles -](#)

Task 1: Create a table for the 3 main synovial joints.

Description	Ball & Socket	Hinge	Condyloid
Examples in the body			
Articulating Bones			

Task 2: Look up what these joint movements are. Describe and give a sporting example. Present in table form.

Movement	Description	Sporting Example
E.g Flexion	Decreasing the angle at a joint	Upward phase of a bicep curl

Flexion/Extension/Abduction/Adduction/ Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/Dorsiflexion/Plantar flexion

Task 3: What are the antagonistic pairs of muscles at each of these joint?

Present in table form

1. Shoulder joint
2. Ankle Joint
3. Elbow Joint
4. Wrist Joint
5. Hip Joint
6. Knee

Note: There may be more than one movement at each joint

Watch the video, then complete the tasks: